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Dear Parent/Carer of­­­­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your child has been diagnosed with constipation and/or faecal impaction and started on a **Paediatric** Macrogol (Movicol, Cosmocol, Laxido). This medicine is known as an osmotic laxative.

**It is essential that you visit** [**www.thepoonurses.uk**](http://www.thepoonurses.uk) **online.**

**The video on this website explains how a macrogol works, how to disimpact and how to manage a maintenance dose.**

**You must also make an appointment with your GP within one week of attending the Emergency Department and take this leaflet with you.**

**Your GP must assist you in managing your child’s condition in the community.**

**Your GP needs to provide repeat prescriptions of macrogol for the next 6 months and must review how well the macrogol is working for your child.**

**Paediatric** macrogol dosage regime for disimpaction:

|  |  |
| --- | --- |
| Child under 1 year | Half to 1 sachet daily |
| Child 1–5 years | 2 sachets on 1st day, then 4 sachets daily for 2 days, then 6 sachets daily for 2 days, then 8 sachets daily  |
| Child 5–12 years | 4 sachets on 1st day, then increased in steps of 2 sachets daily to maximum of 12 sachets daily |

The aim of the disimpaction regime is for your child to take the macrogol regularly, increasing daily as prescribed, until the poo reaches a runny **type 7 poo**. The poo types are shown on the [Bristol stool chart](http://www.thepoonurses.uk/bristol_stool_chart.php).

Once your child has reached a type 7 poo, continue the same number of sachets for 24 hours and then reduce by 2 sachets a day until your child is having a **type 4 or 5** **poo**. Remember to continue giving the macrogol at this amount; this will then be your child’s [maintenance regime](http://www.thepoonurses.uk/maintenance.php).

We recommend that your child continues the macrogol until they have at least six months of normal poo (type 4/5). Your GP will need to provide repeat prescriptions.

When your child starts taking the macrogol, their poo may become very runny. This is not diarrhoea and you must not stop the medicine. **DO NOT STOP THE MEDICINE.**

The video on [www.thepoonurses.uk](http://www.thepoonurses.uk) explains all about this and is essential viewing to help you manage your child’s condition.

**Date: ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name/Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

